

CONNECTION BEFORE CONTENT

PHYSICAL LITERACY

Awareness & Motivation

AREA: 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

ARRIVAL ACTIVITY – TRAFFIC LIGHTS

PURPOSE – Get the players ‘doing’ as soon as they arrive.

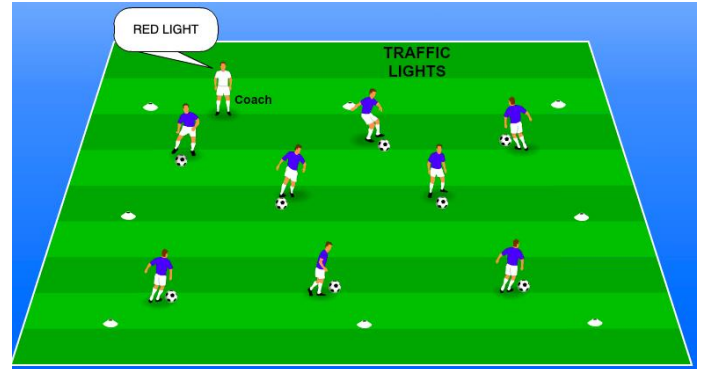
PRACTICE TIME – 5 mins

SET-UP:

Define a 30m x 25m rectangle.

EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills, listening for instructions from the coach. **BALL = CAR**
2. **Coach calls out-** What happens at a **RED light**? STOP (aka. Sole of foot on the ball), **GREEN light**? Go (aka. Dribble)
3. **Practice these different coach instructions:**
4. **Windscreen wipers** – dribble with ball between the inside of both feet (make the sounds!)
5. **Traffic Jam** – Kids stop the ball with their foot and pretend to honk at the car in front (make noise!)
6. **Petrol** – Players must dribble to an outside cone and perform toe-taps – placing the sole of their foot on the top of their ball consecutively
7. **Race car** – Players must dribble like a race car (FAST) for 10 seconds



8. **U-turn** – Players must complete a turn i.e. Drag back
9. **Ask the players** to come up with their own

COACHING POINTS:

- Encourage players to keep the ball close by dribbling with small touches
- Award bonus points for players who keep their ball inside the area for more than 30 seconds.
- Use a player as a ‘role model’ if they are performing a skill well
- Encourage players to perform the skills as quick as they can

WHOLE – MATCH

PURPOSE – Conditioned game to develop game sense

PRACTICE TIME - 15 mins

SET-UP:

Define a 30m x 25m field
One goal at each end.
Split the players into two even teams with goalkeepers

EXERCISE:

1. Play a match, Red vs Blue with the following conditions:
 - Players must put their foot on top of the ball before passing/dribbling – turn over if the ball is kicked first time.
 - **Reward – 3 points if a goal is scored directly after a pass from a teammate.**
2. Play for 15 minutes and observe the players’ decision making and execution.



COACH TIPS:

Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.

PART – 2 v 2 / 3 v 2

PURPOSE – Break down the game to work on a core skill
PRACTICE TIME - 10mins

SET UP:

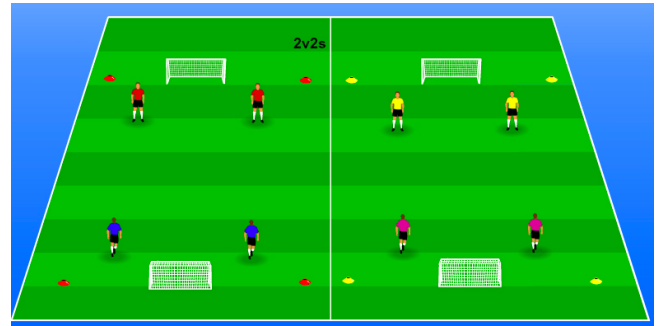
Set up mini fields that are 25m x 15m in size.
8 players = 2 fields
10 players = 2 fields
12 players = 3 fields
Place a goal (or two cones to act as a goal) at each end.
Split the players into pairs. If you have 10 players, play 3 vs 2.

EXERCISE:

1. Organise two pairs per field. They will vs each other
2. Pair vs Pair. Trying to score into the goals/cone gates
3. Run each game for 4 minutes.
4. Swap pairs and continue to let them play!
5. After all teams have vs each other, announce the winner!
6. Ensure pairs are even, swap pairs if they are not!

CONDITIONS:

- Players must take a minimum of two touch.
- The same player cannot score two goals in a row.



COACH TIPS:

Organise players quickly by sending two players to stand by the goals on each field.
Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.

WHOLE - MATCH

PURPOSE – Place the players back into a game!
PRACTICE TIME - 20 mins

SET UP:

Split the team into two even teams with goalkeepers.

EXERCISE:

1. Back into playing a match – Red vs Blue.
2. Implement the below conditions & challenges for the first 10 minutes.
3. Allow the players to play without restrictions & conditions – normal game.

CONDITIONS:

- Players must take a minimum of two touch.

Team Challenge:

- Select one player on each team to be the 'Golden Child' without letting the other team know.
- If the 'Golden Child' scores it is worth 3 points and another Golden Child is selected.
- Rotate 'Golden Child' every 2-3 minutes.



COACH TIPS:

Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.

COACH OBSERVATION:

- Are players looking to pass to their teammates in space?
- Are players moving off the ball to be a passing option?
- Are players controlling the ball before passing?

END OF SESSION – Perform a Q & A with the players to test their learning!

At the end of the session ask the players:
What they enjoyed the most?

What they learnt from the session?
Tell the team and individuals what they did well

KEY COACHING POINTS

- Take small touches to keep the ball close when dribbling.
- Encourage players to use the sole of their foot to STOP the ball.
- Dribble into free space, away from defenders using both feet.
- Firm passes with the inside of the foot in front of your team mate to allow their next action to become easier
- Look to take a positive first touch into space, forwards or away from other players.

COACH REFLECTION

What did the players enjoy?
What worked/did not work?

What would you do differently next time?